

Hiltz Taekwon-Do
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January 1, 2015

Dear Masters and Instructors,

Hiltz Taekwon-Do will be hosting the Nova Scotia ITF Taekwon-Do Open Championship on May 2nd, 2015 at Sackville Heights Junior High School in Lower Sackville, Nova Scotia. You will find information related to the tournament and registration material attached. We have invited schools from Ontario, Quebec, Newfoundland and Nova Scotia which should make this event one to remember. Registration and payment will take place between 8 and 9:30 AM that morning. Unfortunately due to events of the past, anyone wishing to pay by cheque must do so at least one week in advance of the tournament. Any cheques and registration forms can be sent to the address below. Anyone not registered by 9:30 will not be able to compete. The registration fee for one or two events is \$45.00. The cost for spectators is \$5.00 each.

Competitor's weights will be randomly checked the day of the tournament. If any competitor weighs more than what is reported on the registration form, she/he will be disqualified. There will be 4 medals for all divisions awarded to all students under 18 years old with the exception of Black Belts. Gold, Silver and 2 Bronze. Every under 18 year old student that competes in the tournament in both events will receive two medals. All divisions will be created the morning of the tournament.

Patterns will be done using ITF rules with two competitors side by side. Sparring will be absolutely no head contact in all divisions under green belt with very little contact above green belt. White belt sparring divisions will be no contact but please train your students to be close to the target area to score points. All hand techniques are valued at one point. Kicks to the body are two points and high kicks that score are worth three points.

There will be a canteen set up that day offering hot dogs, pizza, drinks and such for purchase. We will also have a limited number of custom designed t-shirt for sale at the tournament site as well. You may reserve your t-shirt by e- mailing your name, size and quantity to tkdhiltz@eastlink.ca.

We will have a black belt meeting at 9 AM that morning. Black belt judges are required for rings and in an effort to ensure that judges are available, black belts must complete their assigned judging rotation either in the morning or afternoon in order to participate. Black belts who are attending but are not competing are asked to volunteer to judge.

Please make cheques payable to Hiltz Taekwon-Do.
I look forward to seeing you.

Thank you for your support.
Sincerely yours,

David Hiltz, 6th Dan
Hiltz Taekwon-Do
902 865-2753